

**IN THE PICTURE**



**DARYL SITTLER**, Toronto Maple Leaf Captain and Ontario March of Dimes Provincial Chairman, and Ron Clark discuss strategy for March of Dimes campaigns. Darryl, who has broken many Leaf records and Ron, silver and bronze medal winner in the 1975 Ontario Games, are both concerned with difficulties encountered daily by disabled individuals.

## He's a champion in a "stand-up" world

The track was set. The course looked fast and the attendants were making last minute changes. It was almost time. The starter stood ready. The crowd was silent. The racer's hands were firmly set on the wheels, he was ready to go.

The timer stood beside the starter. "On your mark," the racer leans forward, "get set," his hands gripped the wheel harder. "Go!"

The wheels bend under the strain. Ripping through the first set of obstacles, his hands seemed like an extension of each wheel.

Now for the ramps. They had taken their toll and now everyone watched in expectation of another failure. The first one was hit beautifully. Coming off in good form he hit the next one and the one after that. The ramps were conquered and as he crossed the finish the crowd applauded his excellence.

As the dust settled, a serene, smiling face showed the confidence of which champions are made. And,

for at least today, Ron Clark is a champion in "a stand-up world".

A spina bifida victim from birth, Ron has no feeling from the waist down. "I've been asked if being in a chair bugs me," says Ron. "Well sure it bugs me. I wouldn't be totally honest if I said it didn't." Watching his sly grin unfold can make you wary of his comments. But his frankness is genuine. It is neither malicious or resentful. It is the way he feels.

"I've done a hell of a lot in my lifetime," says Ron. "Perhaps more than most people, able-bodied or not."

Outside of the March of Dimes Awareness Days, Ron is active in the Toronto Thunderbolts basketball team. He also does volunteer work and tries to keep in shape.

Presently unemployed, Ron says he really hasn't found his niche in life yet. "The greatest misconception people have of the disabled is that if you can't walk you've got to be good with your

hands. So I was given a job as a jeweller. I was no good." Ron has lived in Toronto for about three years now. Having had a varied past he is content to stay put for a while. "If I want to go somewhere, I just get up and go," he says.

And go he did. Starting in 1969 from Boisabain, Manitoba, Ron hitchhiked to Vancouver. He's also been to Nashville, Chicago and Louisville. While in Nashville, he worked as an all-night disc-jockey.

"It wasn't bad," Ron recalls, "but it was sure lonely. I tried a request show just to talk to someone. Well, no one phoned in."

He went out to Vancouver once more but decided that Toronto was where he wanted to live.

Of the many obstacles that wheelchair users must overcome, Ron sights two to be the most predominant—transportation and washrooms.

In a world that caters to pedestrians, Ron Clark and others like him are treated as exceptions, as freaks! For them the "Hollywood image" of beauty does not apply. All us ordinary people have a much better chance, at least socially, than the so called "beautiful people". "It may sound like I'm jealous but I know a lot of people to which that applies."

Ron is an ordinary guy with ambitions and a lifestyle all his own. To his credit, outside of travelling, he has won a bronze and silver medal in the Ontario Games. "If I can get in better shape, cut down on my smoking and really apply myself, I'd like to try the track in the 1978 Olympic Games." For Ron many dreams have become a reality.

Ron is trying through his efforts in sports and his involvement with the Ontario March of Dimes to do his part in creating public awareness to the plight of the disabled. You too can help. A dream can become a reality for someone if you care.

Show them you do. Please give generously when a volunteer canvasser calls on you.

## Luncheon planned for Rev. Sinclair

by Mrs. Wilda MacDougall

The August meeting of the Eden Mills Presbyterian Women was held at the home of Mrs. G. W. Lasby with the president Mrs. Ted Barden presiding.

She opened the meeting with a poem and prayer. The hymn My Faith Looks up to Thee was sung, followed by the secretary and treasurer reports. Correspondence was read and dealt with.

Eden Mills and Rockwood are planning a going-away luncheon for the Rev. Sinclair, his wife and his family after services on Sunday. Rev. Sinclair will be leaving to take up a new charge at Binbrook, and will be sadly missed here.

A moment of silence was observed in tribute to the memory of Mrs. Georgina Wright and Bob Gilbertson

who have passed away since the last meeting.

Pennies for the Fellowship of the Least Coin and the collection were received and dedicated. Readings were given by Mrs. W. MacDonald, Mrs. G. Stevenson and Mrs. R. Blacklock. Scripture reading Psalm 26 was read by Mrs. T. Barden. Devotions were read by Mrs. G. W. Lasby from a book entitled Serenity of the Soul.

The September meeting will be at the home of Mrs. R. Blacklock. Meeting closed with the singing of Softly and Tenderly, followed by prayer. A contest was won by Mrs. Barden.

Lunch was served by the convener Mrs. W. Gilbertson and Mrs. Ted Barden assisted by Mrs. Lasby and daughter Cathy. Courtesy remarks were made by Mrs. R. Blacklock for an enjoyable evening.

## Erin school question open

Ministry of Education officials will take a second look at an Erin separate school proposal for this village.

The ministry previously turned down a bid for a separate school this year because of a lack of funds.

Wellington County separate school board resubmitted its proposal after changing some of the school's plans.

About 100 pupils are expected to attend the school, which the board hopes will open its doors by September of next year.

## Milton plant site bought

Wheelabrator Corp. of Canada Ltd., manufacturers of cleaning materials and environmental systems, is buying Milton's Barber-Greene Canada Ltd. building and land.

New owners of the 11.5 acre site plan to add 10,000 square feet of office space to the existing 50,000 square foot building. Wheelabrator employs about 150 people.

Plant workers are to move in October from the company's Oakville plant.

**Free Press**

**Rockwood and District**

## Ability Fund drive set for Sept. 6 to 13

The week of Sept. 6-13 will find the village of Rockwood busy with canvassers going door-to-door, collecting for the 1977 March of Dimes Ability Fund Campaign. It is hoped that residents of the village will be in full support of this year's campaign as they have been in the past.

1976 did not see a door-to-door collection because of the condition of the streets in the village, but this year it is hoped that we will see as successful a campaign as we have seen in the past years.

A rural collection by mail was done for the first time this year but with not too

much success. Of 725 letters mailed out, only some 20 returns came in but it is hoped that rural area residents who may have by now lost their envelopes, will still feel free to send in their contributions to March of Dimes Ability Fund, c/o Mrs. Julie Brace, 179 Guelph Street, Rockwood, Ontario.

To those who responded so willingly to this first attempt at canvassing the rural area, heartfelt thanks are expressed. And for the good wishes for success with the campaign, Julie especially appreciates these thoughtful words.

Also, October 15, there will be a dance held in the village in support of the Ability Fund campaign, so be watching for more news on this, and be sure to mark the date on your cal endar!

## Rockwood Roundup

By Kerry Chalmers

Kristina Ingleson of Rockwood celebrated her fifth birthday on August 24. Her parents Davida and Ray gave a party for her on Saturday, August 27 and 14 young friends attended and went to Ponderosa for lunch. They returned for cake and ice cream and fun. Also present for the happy day were her god-parents from New Lowell, Ontario; grandmother Conway and aunt from Scarborough and grand-

mother Jagger who is visiting Canada from Nottingham, England.

Guide and Brownie registration for Rockwood will be held September 7 at Rockwood Town Hall from 7 to 8:30 p.m. Registration fee is \$5 and guides must be 10 years of age or older. It is not necessary to have been a brownie to register for guides. Girls joining brownies must be seven years of age.

## When the thaw came

by Ward Chesworth

University of Guelph

Every year in Canada, we see the annual miracle of break-up when the ice and snow of the winter disappear and melt-water swells the streams and rivers. Imagine this happening on a gigantic scale after a winter that has lasted for thirty thousand years and you have some idea of the thaw that took place at the end of the last ice age.

Of course the thaw itself took thousands of years. For example, it started about twelve thousand years ago in Southern Ontario and did not reach the northern parts of the province until four thousand years had elapsed. While it was happening, much larger volumes of water filled the rivers than can be found in them now.

The evidence can be seen in the valleys of rivers such as the Grand, the Speed and even the lowly Eramosa. All of these rivers flow in valleys many times bigger than the present water courses.

The Eramosa for example, is about twenty feet wide on average, between Rockwood and Guelph. Yet the river valley is as much as half a mile wide in places and once contained a torrent of water, melting off the receding ice. Deep cut gorges such as the famous one at Elora, attest to the erosive power of these greatly augmented streams.

Eventually, of course, the volume of the water died away as the glaciers gradually receded. A series of step-like terraces was left behind as the rivers diminished in size. They can still be seen in places as shelves running along the valley sides.

In many parts of Ontario, the amount of water was large enough to flood the land surface and deposit sediment

or outwash on it. This has happened near the village of Arkell and the fact that it did has been very beneficial for the City of Guelph, because the flood waters put down a thick layer of gravel which was later buried under finer sands and silts. This thick pile of sediment is very porous and acts as both a filter and a

reservoir of natural ground water.

The reservoir is now tapped by wells, and is a major source of water for the city. It's a good example of the way in which natural processes, operating long before there were any human beings in this region, continue to influence our lives.

**Village of Rockwood**

## WEED CONTROL ACT

Property owners are reminded that all noxious weeds should be cut by September 15, 1977.

Village operator and equipment may be rented if required. Phone the secretary at 856-9562.

## Eramosa library notes

Beginning September 6, regular hours will be in effect at the library, Tuesday and Thursday 4 p.m. to 6 p.m. and 7 p.m. to 9 p.m. and Saturday 9 a.m. to 12 noon. Recent arrivals included.

Adult fiction: A streak of light by Richard Lockridge, The Mercford tapestry by Charles MacKinnon, Apple tree lean down by Mary Pearce, The forest by Georges Bugnet, Murder as usual by Hugh Pentecost.

Juvenile fiction: The Hallowe'en witch by Marjorie Thayer, New boy in kindergarten by Jane Moncre, Peacocks are very special by Sue Alexander. Tell me a tall about trolls by Sylvia Tester, Louie by Ezra Keats.

Non fiction: Steam trains through Orangeville by A.M. McKittrick, Basic hockey strategy by Richard Lytle,

History of Georgetown by Kathleen Saunders, Airborne by William Buckley, Old furniture by Nancy Smith.

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Two One Hundred Dollar Suits will be given away

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FOR FURTHER INFORMATION CALL 878144

## Beginning September 6, 1977 all Ontario speed and distance signs will go metric.

### This is how to learn the system.

**Speed signs**

~~30~~ **50** ~~50~~ **80**

MPH **km/h** MPH **km/h**

~~55~~ **90** ~~60~~ **100**

MPH **km/h** MPH **km/h**

**Distance sign**  
(changeover already in effect)

**NIAGARA 85**  
**WINDSOR 330**

It's a very easy system, and most countries around the world already use it. Ontario and other provinces are adopting it under a Canada-wide plan approved by Metric Commission Canada.

Speed limits are measured in kilometres per hour (km/h). Distances are measured in kilometres (km) and metres (m).

One metre is approximately the length of a long stride. One kilometre is 1000 metres or 5/8 mile (0.625). (One mile = 1.6 km)

An easy way to familiarize yourself with kilometres is to consider the time factors involved—for example, 80 km (50 miles) would take about 1 hour to drive at a speed of 80 km/h (50 mph).

Study the signs shown here and

you'll get the picture quickly.

To learn the system faster, "think metric"—don't convert back to the old Imperial unit of miles. And to measure your gas consumption in kilometres per gallon, divide the number of kilometres travelled by the number of gallons used.

Get a free copy of the informative booklet "Ontario Roads Go Metric" from any Ministry of Transportation and Communications office or LCBO outlet in Ontario.

**James Snow,**  
Minister of Transportation and Communications

**William Davis,** Premier

Province of Ontario

## ATTENTION Y.B.C. BOWLERS!

### League play begins Sat. Sept. 24th

• REGISTRATION DATES •

**THURSDAY, SEPT. 1st — 7 P.M. to 9 P.M.**

**SATURDAY, SEPTEMBER 3rd — 10 A.M. to 4 P.M.**

**Y.B.C. registration can be made in person or phone Acton Bowling Lanes 853-0170**

### REGISTRATION FEE \$2.00

<b>BOWLING RATES</b>	<b>BP</b>	<b>Y.B.C. RENTAL ON BOWLING SHOES</b>
Bantams (2 games) \$1.00		15¢ Per Pair
Juniors and Seniors (3 games) \$1.50		<b>AD</b>

**AGE DIVISIONS**

- Bantams NOT 11 years of age Jan. 1/78
- Juniors NOT 14 years of age Jan. 1/78
- Seniors NOT 18 years of age Jan. 1/78

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